

February 7 - May 30, 2017

Barre a Terre Classes

Company: Anabella Lenzu/DanceDrama
Venue: Peridance Capezio Center
Location: New York, NY

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Todd Carroll

BARRE A TERRE (OPEN LEVEL) with Anabella Lenzu

at Peridance Capezio Center (126 East 13th Street, between 3rd and 4th Ave)

TUESDAYS from 7:30- 8:30pm

WEDNESDAYS 10:00-11:30am

THURSDAYS, from 7:30- 9pm

FRIDAYS, from 10am- 11:30am

CLASS DESCRIPTION:

Find your inner-strength; develop & improve alignment and technique; explore and learn how to efficiently use your body and your energy in a healthy way as instruments of your expression. Through this class, you can increase flexibility and strength, overcome physical difficulties and incorrect posture, and acquire physical awareness to help prevent injuries. Open to all levels of experience.

Anabella Lenzu/DanceDrama
126 East 13th Street
New York, NY, 10003
<http://www.anabellalenzu.com/weekly-classes/>

Schedule
January 26, 2017: 8:00pm

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